

# The Structure of Human Movement



## Body Parts

trunk	face	ankles
knees	arms	wrists
elbows	shoulders	head
legs	fingers	toes
hands	feet	hips
chin	nose	ears, etc.

## Body Actions (What the body can do)

- A. Locomotor Movement (Movement that travels)
  - walk
  - slide
  - jump
  - gallop
  - skip
  - hop
  - roll
  - tiptoe
  - run
  - crawl
  - leap
  - cartwheel
- B. Non-locomotor Movement (Movement that stays in one place)
  - bend
  - fall
  - turn
  - melt
  - pull
  - float
  - balance
  - twist
  - sway
  - push
  - strike
  - rise
  - stretch
  - swing
  - curl
  - burst
  - shake
  - sink

## Space (Where the body moves)

- A. Personal space
- B. General space
- C. Relation of the body to space
  - 1. Directions
    - forward, backward, sideways, diagonal, circular
  - 2. Levels
    - high, middle, low, airborne, sitting, kneeling, standing
  - 3. Pathways
    - straight, curved, spiral, zigzag, random, direct, indirect, angular, circular, linear
  - 4. Dimension (size)
    - large, medium, small
  - 5. Relation of body to others/environment
    - alone, partners, groups, matching, contrasting, mirroring, leading, following, near/far, over/under, toward/away, alike/different

## Affectors (How the body moves)

- A. Shape
  - flat/curled, angular/straight, long/short, wide/narrow, symmetrical/asymmetrical, negative space/positive space
- B. Time
  - 1. breath time- fast/slow, gradual/sudden, regular/erratic, acceleration/deceleration, phrasing
  - 2. structural time-pulse beat, accent, duration, rhythmic pattern, phrasing
- C. Force, Effort, Energy
  - strong/light, tense/relaxed, hard/soft, sink/float, calm/agitated, burdened/carefree, listless/boisterous
- D. Flow
  - smooth/jerky, continuous/broken, simultaneous/alternating